

1-2001

Digest of the Philadelphia College of Osteopathic Medicine (Winter 2001)

Philadelphia College of Osteopathic Medicine

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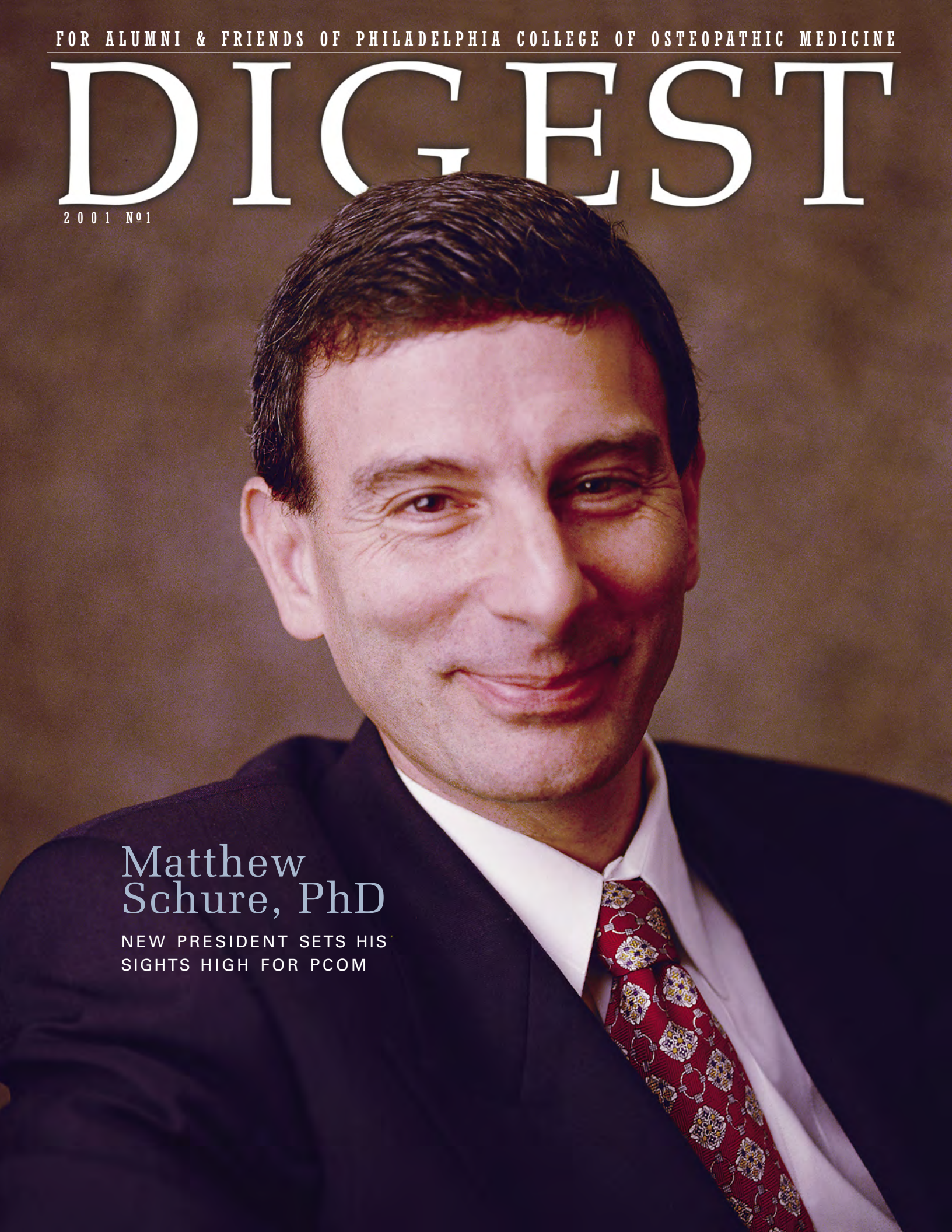
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FOR ALUMNI & FRIENDS OF PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE

DIGEST

2001 No. 1

A portrait of Matthew Schure, PhD, a man with dark hair, smiling, wearing a dark suit, white shirt, and a red tie with a gold and white pattern. The background is a solid brown color.

Matthew
Schure, PhD

NEW PRESIDENT SETS HIS
SIGHTS HIGH FOR PCOM



OPENING REMARKS

Dear Friends:

Since the last *Digest* message, many exciting changes have taken place at PCOM. On November 1, we welcomed Matthew Schure, PhD, as our new president and CEO. I hope many of you will have the chance to meet him soon. I know you will be impressed by his vast experience, as well as by his energy and his enthusiasm for PCOM and osteopathic medicine. His profile begins on page 8.

At the same time we said goodbye to retiring president and CEO Leonard H. Finkelstein, DO, whose loyalty to the College and the osteopathic medical profession will never be forgotten. We are indebted to him for his efforts to save the College and promote the benefits of osteopathic medicine.

In other administrative news, I'm happy to announce that Florence D. Zeller has been appointed vice president for alumni relations and development. With her extensive experience in fundraising, Zeller will work to build the College's major gifts program and develop a strong relationship with the alumni and friends of PCOM. See her message on page 4.

In this *Digest*, we also salute this year's "O.J. Snyder Memorial Medal" awardee, Ronald R. Blanck, DO '67, a true hero in the osteopathic medical profession. Dr. Blanck has risen to the highest ranks in both military and academic medicine, and his compassion for people is obvious to all who come in contact with him. We also recognize the "Mason W. Pressly Memorial Medal" awardee, Constance Gasda (DO '01) for her leadership and enthusiasm for helping others and enhancing medical education.

I'm very pleased about how much good news is packed into this issue of *Digest*. I'm especially proud of our faculty, staff and students in the doctor of psychology (PsyD) and physician assistant (PA) programs. When accreditation teams visited the College in November to evaluate these programs, they were quite impressed. In fact, we received preliminary comments that our PA faculty was "extraordinary" and our PsyD program "exemplary" and "a model for the nation." By the time this reaches you, we hope to have both these programs accredited.

The PCOM community was also thrilled to learn that the state of Delaware has designated our College as its official osteopathic medical school. Each year five students from Delaware will receive state funding to attend PCOM for four years. Instrumental in making this happen was Vincent Lobo, DO '65, of Harrington, Del., whose profile appears on page 23.

Research continues to be a priority at PCOM, and this issue features the second in a series of articles on research at the College. Here, we focus on the success of Tana Fishman, DO '95, of family medicine, in increasing patient compliance with a walking program through a simple, quick intervention.

Lastly, we're always looking for ways to improve your magazine. In an effort to include the reader's voice more in *Digest*, we've added an essay section, "My Turn," in the back of the magazine as well as a letters-to-the-editor section on page 2. We welcome your essays and letters, and any other feedback that will help us make the magazine more interesting and relevant to you. We look forward to hearing from you.

Yours truly,

Herbert Lotman, LLD (hon.)
Chairman of the Board



DIGEST

FEATURES

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New president and CEO Matthew Schure, PhD, has lost no time making big plans for PCOM. If he has his way, the College will no longer be a “best-kept secret.” Here, he shares his thoughts about PCOM, education and life.

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Constance Gasda (DO '01), the 2001 “Mason W. Pressly Memorial Medal” awardee, finds her greatest rewards in helping others.

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The College's network of affiliated teaching hospitals, PCOM MEDNet, has grown to 33 sites – across Pennsylvania and beyond.

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PCOM's physician assistant students are sent to camp each summer – to help children with cancer or HIV/AIDS just “be kids.”



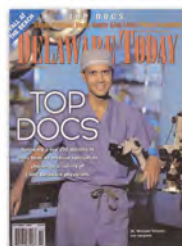
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DIGEST

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The osteopathic difference

I would like to share some thoughts and memories about City Ave. Hospital and osteopathic education at PCOM from the past.

I felt compelled to contribute after reading the latest edition of the *Digest*.

Although I have been working in allopathic institutions for the past six years, the osteopathic, and more specifically the PCOM, difference is undeniably apparent.

When I first started my third-year clerkships in 1987, I began with the core medicine rotations at City Ave. Hospital. This was the kind of learning experience that shaped young physicians for the rest of their lives. We were exposed to people I still cherish as the great educators and physicians of my entire career, including four years of medical school and seven years of postgraduate training.

The Dickersons, D'Alonzos, Simelaros, Cipollas, Fliegelman and Wiselys of this world are not easy to find outside PCOM's walls. In fact, after working several years at Jefferson, Pennsylvania and eight other hospitals and institutions, I have yet to find teachers, educators or clinicians that hold a candle to the education I received both from PCOM and in the walls of City Ave. Hospital.

My greatest mentors have all been DOs. The physicians who persistently influenced me after PCOM, even at Jefferson or Pennsylvania, are DOs.

Despite being a specialist in maternal fetal medicine, I use my osteopathic training every day I practice. One student in *Digest* suggested "You don't appreciate how good PCOM is and how well prepared you are, until you get out there and you see that people know where you come from." One recent example was illustrated when I was consulted on a pregnant woman with pyelonephritis. Despite several days of IV antibiotics, clearance of her bacteria and return of her white count to normal, she had persistent flank pain and spent five days in the hospital after she had been afebrile despite normal renal ultrasound. A simple exam of the whole patient illustrated a viscerosomatic reflex cycle, which led to intense lumbo-sacral discomfort and dysfunction. One treatment with myofascial, muscle energy and then a high velocity correction was all it took. Pain 90% resolved, the patient went home the same day! Four wasted hospital days and extra tests were the result of the focused allopathic training ignoring the patient as a whole.

When I first entered PCOM, I heard Emanuel Fliegelman recite words from Norman Cousins which have lived with me until this day: "Pause and remember that you are entering a profession that depends on your understanding and human compassion. If you feel you are unable, for whatever reason, to lend support to human beings, then turn around and go away."

Dr. Fliegelman taught us how to possess skills but not be possessed by them, and V.T. Cipolla taught that if a guy comes to you twice, start looking for the real disease.

What I learned in those City Ave. walls is that the most important thing is not how well you use your scalpel but the interaction of ourselves with others. Not just the players in the game, but what goes on between players, like the fear and uncertainty in our patients' faces. We were trained to be people doctors such that we will not be presented with bodies but persons.

I hope that despite the closing of its primary hospital, the principles that governed our selection into PCOM and guided our education will never die.

*Robert H. Debbs, DO '89 FACOOG
Clinical Assistant Professor of OB/GYN and Director,
Pennsylvania Hospital Maternal Fetal Medicine Network
Centers for Reproductive Success*

Good idea to publicize research

After reviewing the recent issue of *Digest*, I want to commend you and your staff on the extensive coverage given to clinical research activities at PCOM. Many of my colleagues and I are dedicated to increasing the level of scientific exploration at our medical school, and the publicity you have provided will now allow the alumni to become aware of this effort. In addition, I thought it was an excellent idea to highlight contact phone numbers and e-mail addresses which may help Dr. Balin and me recruit patients for our clinical trial involving treatment of Alzheimer's disease.

*Frederick J. Goldstein, PhD
Professor of clinical pharmacology, PCOM*

Have an opinion?

Letters to the editor about the content of *Digest* are always welcome. Please include your name, degree/year, address and daytime telephone number. We may edit letters for style, clarity and length.

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SCHOLARSHIP NEWS

Award and fund established in memory of Bobbie Shaid

The “Leonard H. Finkelstein, DO Award” for exhibiting excellence in compassionate concern for patients was created by Bobbie and Gene Shaid in memory of Bobbie, a supporter and former employee of PCOM. The first recipient is **Nicole Chiappetta**, DO '00, who received the award at PCOM's commencement. The award honors the graduate who best demonstrates Dr. Finkelstein's commitment to outstanding patient care.

Bobbie Shaid had served as director of volunteers at the former Hospital of Philadelphia College of Osteopathic Medicine and was very involved with the fundraising group Friends of PCOM. She died in March 1999 following a long illness.

Kirschbaum Memorial Scholarship announced

PCOM third-year student **Carolyn Bleau** was awarded the “Carol Lynne Kirschbaum, DO Memorial Award.” The new scholarship is given to assist students who are interested in the biopsychosocial aspects of medicine.

The scholarship will be granted each year to a PCOM student and a student at the University of Medicine and Dentistry of New Jersey – School of Osteopathic Medicine.

This scholarship honors the memory of **Carol Lynne Kirschbaum**, DO, a 1991 PCOM alumna who met an untimely death in June 1996. Her parents wish to pay tribute to her memory by awarding this scholarship to students who mirror their daughter's compassion, purpose and ideals.

First recipient of scholarship named

Joseph Logan (DO '02), was named the first recipient of the J. Sydney Hoffman Memorial Scholarship.

Hoffman was PCOM's chairman of the board from 1972 to 1990. The scholarship, established by family and friends of the late Honorable J. Sydney Hoffman, seeks to perpetuate Judge Hoffman's memory by making awards to deserving students exemplifying the leadership traits and dedication to the osteopathic profession so valued by Hoffman. The award is given to students who demonstrate academic excellence by being one of the top five students in the class at the end of the second year, and demonstrate financial need.

Accreditation update

Accreditation teams for PCOM's doctor of psychology and physician assistant programs visited the College in early November. These accreditations are critical for the continued growth and development of these programs. Preliminary feedback has been favorable, and final reports will be delivered to the College in the next few months.

PCOM and Delaware team up in innovative partnership

The College is proud to report that the state of Delaware has designated PCOM as its official osteopathic medical college. The state, through the Delaware Institute of Medical Education and Research (DIMER), will provide a subsidy to PCOM for five Delaware residents each year to attend the College.

The purpose of the partnership is to provide Delaware residents with the opportunity to receive an osteopathic medical education. As part of the agreement, PCOM will undertake activities to increase its visibility in Delaware, such as promoting the College more to high school and college students. Delaware has a similar arrangement with an allopathic medical school, Jefferson Medical College in Philadelphia.

Vincent Lobo, DO '65, of Harrington, Del., who is active in his local government, was instrumental in making this innovative partnership a reality,

with the assistance of **Anthony Alfieri**, DO '85, of Wilmington, Del. Dr. Lobo's profile appears on page 23.

PCOM developing technology in education through consortium grants

PCOM has received several grants from a consortium of Pennsylvania colleges that work together to develop technology in education, such as two-way videoconferencing and Web-based programs. The consortium, Community of Agile Partners in Education (CAPE), also seeks funds to help support this technology. PCOM is the only medical school in the 60-college consortium, which includes institutions such as Lehigh, Bucknell and most of Pennsylvania's state universities.





VP FOR ALUMNI RELATIONS AND DEVELOPMENT NAMED



Florence D. Zeller has been appointed PCOM's vice president for alumni relations and development. She is responsible for supervising the College's alumni relations program and raising philanthropic revenues to support and advance PCOM's mission. Her priorities include building PCOM's major gifts program and developing a strong relationship with the alumni and friends of the College.

Zeller comes to PCOM from Thomas Jefferson University in Philadelphia, where she served as associate vice president for development. In her seven years at Jefferson, she also served as assistant vice president for development and director of development, special gifts. At Jefferson, she was instrumental in obtaining lead gifts of \$33 million for a

new research facility and \$2 million for an obstetric and neonatal program.

She holds a master's degree in public administration from the University of Southern California and is certified by the National Society of Fundraising Executives. *See her message below.*

Dear PCOM Community:

I am very pleased to have been appointed to the position of vice president for alumni relations and development. In my short time here, I have been impressed by the level of commitment shown by faculty, students and staff to the mission of the College. This is a campus that is focused on providing the best medical education, research and patient care possible, and it is an honor to be part of its team.

The next century in PCOM's history will bring new challenges and this office must be prepared to meet them. Working with our new president Matt Schure, our staff, administrators and faculty of the College, and our trustees, I am developing strategies to meet these challenges. The PCOM alumni association is an active and energetic organization here on campus devoted to representing the interests of the alumni. All of us in the alumni relations and development office hope to serve our alumni more comprehensively through sharing information between the College and our alumni and friends. We hope, too, to grow our fundraising program in a significant way through increased opportunities for supporting PCOM.

I am enthusiastic about the prospects for our alumni relations and development programs. I look forward to working with our alumni and friends, and getting to know the people who have made and sustained this fine institution.

Florence D. Zeller

KUDOS TO . . .

Physicians receive awards from students

Two PCOM physicians were honored at the October 26 Primary Care Banquet held by PCOM's student chapter of the American College of Osteopathic Family Physicians. **Larry Finkelstein**, DO '87, director, PCOM Family Medicine and assistant professor, family medicine, received the "Primary Care Physician of the Year Award."

Anne Egan, DO '91, assistant director of ambulatory education, Roxborough Healthcare Center and assistant professor, family medicine, received the "Ambulatory Care Physician of the Year Award."

Patrick Coughlin, PhD, professor, anatomy, has been appointed to the newly established position of coordinator of distributed and distance education systems. Dr. Coughlin will explore methods that will augment the delivery of PCOM courses; establish development and training programs; and serve as the liaison to Blackboard, PCOM's academic Web site vendor and hosting service.

Kenneth Harbert, PhD, chairman and associate professor of physician assistant studies, was honored by the American Academy of Physician Assistants (AAPA) Veterans Caucus at its Memorial Day annual meeting in Chicago. Dr. Harbert received the Caucus' "Lifetime Achievement Award" as well as the US Department of Veterans Affairs "PA Association Special Recognition Award" for his 20 years of service in helping veterans cope with life after war.

Since the late '70s, Dr. Harbert has been instrumental in helping Vietnam veterans deal with traumatic stress disorders. He co-founded a group counseling program for Vietnam veterans called Back in the World. Dr. Harbert's experience as a veteran led him to found the AAPA Veterans Caucus in 1980.

Samuel H. Steinberg, executive vice president, earned a doctoral degree in organization and management from Capella University. His dissertation was titled "An examination of the status of osteopathic medicine from 1960 to 2000."

Digest and PCOM logo receive awards

PCOM is proud to report that *Digest* has received an award from APEX (awards for publication excellence). The magazine won in the category of "magazines and journals – printed four-color." Also, the new PCOM flame logo won in the "logos and stationery" category.

FACULTY ACCOMPLISHMENTS Professors present research at international osteopathic conference

PCOM was represented at the 2nd International Conference on Advances in Osteopathic Research by two faculty members, **Frederick J. Goldstein**, PhD, professor of clinical pharmacology and **Patrick Coughlin**, PhD, professor of anatomy. They reported preliminary results of their clinical research investigations on pain management at this meeting, which was held in London on November 25-26, 2000.

Dr. Goldstein presented his study, "Effect of pre-emptive morphine and postoperative osteopathic manipulative technique on pain following total abdominal hysterectomy." Co-investigators are **Saul Jeck**, DO, chairman and professor, obstetrics and gynecology; **Alexander Nicholas**, DO '75, chairman and professor, osteopathic manipulative medicine and **Marvin Berman**, DO, anesthesiologist.

Dr. Coughlin reported on his research, "The effect of osteopathic manipulative treatment on headache pain: preliminary results from a randomized controlled trial." Co-investigators are **Frederick J. Goldstein**, PhD, and **Peggy Stewart**, PhD, associate professor, biomedical sciences.

Both investigations are funded by grants from the American Osteopathic Association.

Susan Hingley, PhD, associate professor, pathology and microbiology/immunology, received a \$27,500 grant from the National Multiple Sclerosis Society to fund her study on how viral infections can cause demyelinating diseases such as multiple sclerosis.

Update on Alzheimer's research

Alzheimer's researchers **Brian Balin**, PhD, professor, pathology and microbiology/immunology and **Denah Appelt**, PhD, assistant professor, biomedical sciences, have had their research results replicated independently by two other research groups. The scientists leading those efforts are James B. Mahony of Canada and J.M. Ossewaarde of the Netherlands. Both groups recently have replicated the link between Alzheimer's disease and the infectious agent *Chlamydia pneumoniae* – a link that was first discovered by a team of investigators led by Dr. Balin.

Also, Drs. Balin and Appelt received a check for \$25,000 from the Foundation for Research into Diseases of Aging (FRIDA). This is the second award they have received from FRIDA for their research. The funding supports their breakthrough research into how *Chlamydia pneumoniae* plays a role in late-onset sporadic Alzheimer's disease and also how the same organism may initiate, promote and/or exacerbate the cancerous dermatological problem of cutaneous t-cell lymphoma.

Katherine Miller, PhD, assistant professor, psychology, co-conducted a study, "Comparisons of body image dimensions by race/ethnicity and gender in a university population," which was published in *The International Journal of Eating Disorders*. In addition, she co-edited a recently published book titled "Comparative Treatments for Eating Disorders."

Arthur Freeman, EdD, chairman and professor, psychology, is a featured speaker in a unique new instructional video series titled "Brief Therapy Inside Out," which aims to teach by putting the viewer directly in the therapy room to learn from the approaches of a variety of ther-



Left to right, Brian Balin, PhD, Denah Appelt, PhD, and Kenneth J. Veit, DO '76, dean, receive a check from Todd Abrams, PhD, president of FRIDA, to support PCOM research.

apists. Dr. Freeman's video demonstrates his application of cognitive therapy with a patient suffering from bulimia.

Eugene Mochan, PhD, DO '77, associate dean for primary care and chairman/professor of biochemistry and molecular biology, was the guest speaker for a community workshop on diabetes sponsored jointly by the American Red Cross and PCOM. It was held October 25 at the American Red Cross in Philadelphia.

NEWS FROM PHYSICIAN ASSISTANT STUDIES PCOM celebrates National PA Day

On October 6, PCOM celebrated National Physician Assistant Day. Students hosted Rear Admiral Kenneth P. Moritsugu, MD, MHP, deputy surgeon general of the United States, who spoke on "The role that PAs can play in providing for the nation's public health."

continued on next page

PA students participate in national conference

PCOM physician assistant students had a strong presence at the American Academy of Physician Assistants (AAPA) conference in Chicago, with 30 students in both PA classes attending. Among the highlights: **John Conza** (PA '01) received a \$1500 scholarship from the Veterans Caucus of the AAPA and **Abby Jacobson** (PA '01) was elected director of external affairs for the student academy of the AAPA. **Brian Green** (PA '01) and **Joe Pappemhiel** (PA '01) participated in the Physician Assistant Foundation Gateways Program, a leadership development program sponsored by Bristol-Myers and the AAPA.

OMM PHYSICIAN HOSTS EUROPEAN DOCTORS

As part of an exchange program between PCOM and its European colleagues, the College hosted 12 Austrian, German and Italian doctors for a week in November. **Peter Adler-Michaelson**, DO '81, assistant professor, osteopathic manipulative medicine (OMM), organized the visit, which included lectures and workshops in OMM.

In October, the first PCOM third-year student traveled to Austria for a clinical rotation in orthopedic and sports medicine. It is anticipated that other students, interns and residents that are interested in the practice of medicine in Europe will follow. Currently, the English-speaking doctors in Europe that have indicated a willingness to take PCOM students on rotation are in Isny and Augsburg in Germany, and Vienna and Graz in Austria. They have a variety of specialties, including internal medicine, sports medicine, orthopedics and rehabilitation medicine.

Dr. Adler-Michaelson, who is board-certified in emergency medicine and OMM in the US and in family practice and manipulation medicine in Europe, lived and worked in Germany for over 10 years. He holds an unlimited license to practice medicine in the US and Europe. According to Dr. Adler-Michaelson, this is the first time an American DO has accomplished this. For more information about the exchange program, contact him at petera@pcom.edu.



Dr. Adler-Michaelson demonstrates an osteopathic manipulative medicine technique to visiting foreign doctors.



Members of the PCOM community participate in a wreath-laying ceremony to honor veterans.

Veterans honored at PCOM ceremony

The PCOM community held a wreath-laying ceremony November 10 to honor the College's veterans. The event was organized by **Scott Harrington**, (DO '03), president of PCOM's chapter of the American Association of Military Osteopathic Physicians and Surgeons, with assistance from **Kenneth Harbert**, PhD, chairman and associate professor of physician assistant studies and **Mark Lichenstein** (PA '02). Capt. Richard Vause, a member of the National Public Health Service Corps, gave a reading and **Willie Epps** (DO '03) recited a prayer. According to Harrington, 9.3 percent of PCOM students are affiliated with the military, and the College ranks as one of the largest educators of military health professionals.

Helping out some special athletes



Kenneth Bunning, (DO '01) helps give a medical exam to a young athlete so she can participate in the Special Olympics.

A team of 50 PCOM students, residents and physicians joined many other area physicians to volunteer their time and expertise for this program, the "Special Olympics Philadelphia Healthy Athlete Mass Medical." All PCOM family practices participated: Family Medicine on campus and Lancaster, Cambria and Roxborough Healthcare Centers. The medical exams were given at the Spectrum in Philadelphia on November 15.

2000 Golf Classic nets \$80,000

PCOM's 8th Annual Golf Classic, held September 18 at the Torresdale-Frankford Country Club, was another great success, netting approximately \$80,000 for PCOM's healthcare centers. Thirty-two foursomes were sold and 140 ads were placed by alumni, vendors, board members, employees and community members in the golf ad book. The alumni association sponsored the brunch for the event.



At the Golf Classic, Rosemary Vickers, DO, '83, chairman, pediatrics, is joined by Keith Kasper, chief financial officer, Hahnemann University Hospital, left, and Paul Walker, vice president of operations, Tenet Healthcare.

PCOM urology makes mark at ACOS assembly

Several urology residents were recognized at the 2000 Annual Clinical Assembly of Osteopathic Specialists in Boston in September. **Marc Greenstein**, DO '97, won first prize in a resident essay contest with his paper, "Single opening minimal incision living donor nephrectomy as an alternative to standard open donor nephrectomy." **Francis Ogbolu**, DO '95, presented a poster titled "Improved continence after radical retropubic prostatectomy using two pubo-urethral suspension stitches," and won second prize overall. **Christopher Moyer** DO '95, was awarded third prize for his poster, "Evaluation of the management strategies of primary care physicians regarding microscopic hematuria." In addition, **Francesco T. Mangano**, DO '98, received an honorable mention for his poster, "Subcortical microglia cell clusters in response to progressive hydrocephalus in the H-Tx rat."

AWARDS ANNOUNCED AT INTERN AND RESIDENT GRADUATION

The following awards were presented to PCOM faculty, interns and residents at the annual Intern and Resident Graduation held on campus June 15.

Dean's Appreciation Awards:

- City Avenue Hospital:
Michael Venditto, DO '77
- Albert Einstein Medical Center – Germantown Division:
Charles R. Egovalle, MD
- St. Agnes Medical Center:
Pat A. Lannutti, DO '71
- The Vickers Foundation Award:
Laurie Ann Spraga Fatz, DO '97
- The Emanuel Fliegelman DO Memorial Award:
Laurie Ann Spraga Fatz, DO '97
- The H. Jeffrey Tourigan DO Memorial Award:
Scott D. James, DO

Clinical Teacher of the Year Awards:

- Albert Einstein Medical Center – Germantown Division:
Kenneth Hoellein, MD
- Parkview Medical Center:
Paul M. Miller, DO '81
Elizabeth Shandor, DO '95
- St. Agnes Medical Center:
Arthur Olshan, MD
- City Avenue Hospital:
Bruce Kornberg, DO '78

General Surgery Teacher of the Year Awards:

- Alfred M. Cohen, MD
- William L. Kliefoth, DO '81

Resident of the Year Awards:

General Surgery:

- St. Agnes Medical Center:
Andrew J. Hutchinson, DO '96
- City Avenue Hospital:
Arthur J. Demarsico, DO '95

OB/GYN:

- Timothy G. Grube, DO '95
- Carolyn E. Ianieri, DO '95

Internal Medicine:

- Kevin R. O'Brien, DO '97

Intern of the Year Awards:

- City Avenue Hospital:
Jeffrey A. Bubis, DO '99
- Albert Einstein Medical Center – Germantown Division:
Vanessa T. Brennan, DO '99
- Parkview Medical Center:
Maria J. Hoertz, DO '99
- St. Agnes Medical Center:
Donnelle L. Crouse, DO '99
Renee M. Kendzierski, DO '99



THE SKY'S THE LIMIT

NEW PRESIDENT SETS HIS SIGHTS HIGH FOR PCOM

Matthew Schure, PhD, PRESIDENT & CHIEF EXECUTIVE OFFICER

We all have days like this etched deep in our minds – days when we experienced something that changed the course of our lives, made us take a different path. It usually happens by chance, without warning, and that's exactly how it was for PCOM's new president and CEO Matthew Schure, PhD, one day in 1969.

He was starting his career in psychology as a research associate at New York Institute of Technology (NYIT) on Long Island. Because it was hard to find professors to teach on Friday afternoons, the psychology department asked him to teach a class. He was petrified. He was, after all, only 21 years old. To further chip away at his confidence, while walking to the first class two students mistook him for a freshman. Once there, a student said, "Why are you standing up there? Just sit down and wait for the teacher."

But once he started teaching, he was hooked. "Sharing one's knowledge was so profound – it was life-changing," recalls Dr. Schure. "Helping people maximize their potential is so special, I think that being in higher education is the greatest blessing one can be afforded. When I taught that first class, I knew I was going to spend my entire career in higher education."

And that's exactly what he did. He spent the next 30 years at NYIT, holding a variety of positions including professor of behavioral sciences, associate

dean for academic assessment, chairperson of the department of community medicine and several top administrative posts before becoming president and CEO in 1991.

When the PCOM opportunity presented itself, he had just reached all the academic and financial goals he had set for NYIT, an eight-college institution that includes New York College of Osteopathic Medicine (NYCOM). Under Dr. Schure's leadership, NYIT flourished. Its financial troubles were turned around, its mission became more clearly defined and the school grew to its current size of about 10,000 students on three campuses. There's no mistaking the satisfaction on Dr. Schure's face when he notes that NYIT was included in the "Best Colleges" issue of *US News & World Report*.

He is justifiably proud of increasing the use of technology in learning by wiring all three campuses with fiber optics, developing online courses and using Internet-based programs such as chat rooms to complement classroom learning.

But as proud as Dr. Schure is of these institutional accomplishments, he's equally proud of what he calls "interpersonal connections." Like the time he ran into a former student who told him, "You changed my life." After hearing Dr. Schure lecture on the needs of dying patients and their families, she had decided to become a psychiatrist so she could help these patients and their families cope.

“PCOM HAS SUCH A

STRONG FOUNDATION

FOR GROWTH, WITH

ITS UNIQUE MISSION

AND THE ENORMOUS

RESERVOIR OF TALENT

IN OUR FACULTY,

STUDENTS AND STAFF. I

FEEL INCREDIBLY LUCKY

TO BE HERE. I WANT

TO TELL OUR STORY

LOUDLY AND TO

BROADER AUDIENCES.”

Dr. Schure thrives on these types of encounters, according to Lori Kamen, who was his executive assistant at NYIT. “He was happiest when he would run into former NYIT students and hear their success stories,” she says. “He would come back to the office with the biggest smile.

“When he left the school, people kept saying that the thing they will miss most about him is his wonderful sense of appreciation and support,” says Kamen. “He had a reputation for being very understanding and going out of his way to make people feel good about what they did. He never missed an opportunity to congratulate an employee on a job well done, and he took the time to guide and mentor people. He touched so many people here.”

Kamen herself was touched when eye trouble one day forced her back to wearing glasses, making her extremely self-conscious in the office. All of a sudden, she noticed Dr. Schure wearing his glasses. “I knew he only wore them for driving,” she notes. “He was trying to make me feel better.”

PCOM students are taking notice of the new president’s style. Chris Craig (DO ’04) says the consensus among the freshman class is that Dr. Schure is friendly and approachable. “He always stops to talk to students on campus and ask how everything is going,” says Craig. “He talked to me three times and he had only been here two weeks. When I was sitting with a group of students, he wanted to know all of our perspectives. He really listens to what you say and seems willing to take whatever time is needed to hear you. He seems humble.”

NO BOUNDARIES FOR PCOM

Dr. Schure was familiar with PCOM well before he was contacted about the position of president and CEO. Because NYIT includes an osteopathic medical school, he has been actively involved with osteopathic organizations and has known PCOM’s former president and CEO, Leonard H. Finkelstein, DO, for 10 years. Dr. Schure serves as chairman of the board of governors of the American Association of Colleges of Osteopathic Medicine and is a member of the American Osteopathic Association’s (AOA) Council on Predoctoral Education.

“I knew PCOM’s DO program had a reputation for excellence,” notes Dr. Schure. “When I told people I was coming here, their eyes widened – they knew about PCOM and were impressed. And that was in New York.

“I bring a bit of the ‘outside perspective,’ and I believe that PCOM does not fully know how good it is,” he continues. “We need to realize this to reach our full potential. Our recent, positive accreditation visits to our physician assistant and doctor of psychology programs clearly highlight our academic strength.”

Dr. Schure believes the sky’s the limit. “PCOM has such a strong foundation for growth, with its unique mission and the enormous reservoir of talent in our faculty, students and staff. I feel incredibly lucky to be here. I want to tell our story loudly and to broader audiences.”

The new president’s main focus is developing a vision for the College and from that a new strategic plan. He’s quick to add that it won’t be his plan alone, but one based on a broad dialogue on campus. The key, he emphasizes, is to ensure the DO program remains strong no matter what happens with health care, government funding or other areas that are out of our control.

“We need to find new, non-DO-based income streams to sustain our

DO students,” he explains, describing his role as “scanning the world for possibilities” to present to the PCOM community for discussion.

He’s exploring options such as expanding the curriculum to include new programs, both conventional and virtual/online; boosting the continuing medical education component; and looking for international opportunities. “In Western Europe, there’s increasing interest in osteopathic medicine, and I see no reason why it should stay in the US. Maybe there’s an opportunity there for PCOM.”

According to Dr. Schure, in the strategic planning process the College community needs to ask, “What are the niches that make sense for us?” and “What do we want to do to make us stronger?”

So far, he’s received overwhelmingly positive feedback about the strategic planning process. “I think we’re overdue for this,” he says. “People are delighted to be a part of it. At my first board meeting, I asked that those who are interested in being a



Dr. Schure and his wife Judy enjoy the AOA convention.

part of the process let me know. Two seconds after the meeting, five board members came over, expressing interest. That's a great sign."

BELIEVER IN THE OSTEOPATHIC PHILOSOPHY

If you haven't guessed already, the new president is a big fan of osteopathic medicine. "The osteopathic philosophy includes treating the whole person – this is the kind of medicine people want back," he says. "And no other group is better able to deliver this care than DOs."

Dr. Schure believes it's the holistic curriculum combined with the type of person who is attracted to osteopathic medicine that makes DOs so special.

He remembers a lecture he was scheduled to give to NYCOM students on dealing with dying patients, since research had shown that once physicians know a patient is dying they tend to ignore the patient. But a snowstorm hit and the class was cancelled; he tried to reschedule but there were no slots. So he told students he would lecture on their lunch hour. Because of their busy schedules and the short notice he figured few students would be able to attend. When he entered the lecture hall, every seat was filled. In fact, when the hour was over, the students said, "You must come back – an hour isn't enough. This is too important."

"Osteopathic medical students are self-selected," notes Dr. Schure. "They choose an osteopathic medical school because of the unique philosophy. They already have compassion when they enter school."

Dr. Schure says osteopathic manipulative medicine has done wonders for him. In fact, he's now looking for a family physician in Pennsylvania – a DO, of course.

OFF CAMPUS

Above all, family is the most important thing to Dr. Schure. He says his wife of 27 years, Judy, and their two children, Jared and Deborah, are "the lights of my life." Here in the Philadelphia area, Judy is considering continuing the very successful stationery and custom invitation business she ran on Long Island. Jared will graduate from NYIT this summer and Deborah is a freshman at New York University. A native of


Queens, NY, Dr. Schure lived with his family on Long Island before recently moving to a suburb of Philadelphia.

Judy Schure says they met on a blind date, after which she announced, "I'm not seeing anyone else." They were engaged three weeks later. "He's truly a sweet man," she notes. She says since coming to PCOM he's much more relaxed. "He tells me how people at PCOM are so willing to be helpful," she says. "He's really enjoying the challenge and finds it to be a wonderful learning experience."

Dr. Schure describes himself as an "open book," saying, "It's all up front with me." He exercises like crazy – watch for him in the Student Activity Center – and he loves all types of music. Religion plays an important role in his life. On campus, he peppers his speeches with Yiddish parables that convey a poignant message and wishes a "God bless" at the end of meetings.

He believes we are all life-long learners. His formal education includes a master's and a doctorate in educational psychology from Teachers College, Columbia University.

Dr. Schure also believes every day is a gift and that each one of us has a responsibility to heal the world. "We're happier when serving others," he says. "It's the essence of existence."

"The best thing in life is making a difference in someone else's life. And that's exactly what our students go out and do when they leave PCOM." 





90 SECONDS PER PATIENT

DOCTOR USES THE “BUDDY SYSTEM” TO IMPROVE PATIENT COMPLIANCE

second in a series of articles on research at pcom

There were dreams of a medical school education and of being the kind of doctor who really connected with patients. But those dreams were short-circuited by two electric jolts of reality. The dreamer was both a woman and significantly older than the great majority of students who gain admission to medical school.

“I had owned a manufacturing business, worked as a stockbroker and as a psychologist and family therapist,” recalls

Tana Fishman, DO '95, MS, director of behavioral sciences and research, and assistant professor, family medicine. “I had always wanted to go to medical school, but the world had to change quite a bit before the door would open wide enough for me,” she says with a knowing smile.

After receiving some encouragement from others, including her husband, who is a psychiatrist, she began taking the courses she would need as a prerequisite for medical school. She did this

while continuing her work as a family therapist. She did extremely well in the courses, and the “door” opened just wide enough for her.

She was admitted to PCOM. And though this seems to be the end of a nice story about pursuing one's dreams, actually, it is still very much the beginning of the story. “I'm interested in patient care, but I'm also very interested in academic medicine,” Dr. Fishman says emphatically. “I believe strongly in practice-based research.”

Louise Miller, left, asked her neighbor, Cynthia, to be her "health partner." They walk together regularly.

She also enjoys helping to open the door for others – those who are deserving but for one reason or another find the odds stacked against them. For example, she takes a call from a woman who would fit into the category of non-traditional medical school applicant. The woman is older than the average student and has children, but is bright and extremely interested in medical school. "Can this dream become a reality?" the caller wants to know.

Dr. Fishman helps the caller organize her thoughts, tells her what she'll need and encourages her to call back when certain tasks are accomplished, so they can meet to discuss exactly what it will take.

Dr. Fishman is particularly adept at this type of exchange, probably owing to her years in family therapy. She is quick and

insightful, and quite approachable. She is clear, helpful and friendly on the phone, but also helps the caller understand that though she will gain help from a support structure, the real work will be up to her. "There are some steps she has to take and then we'll see," says Dr. Fishman.

In many ways, the approach is similar to the one she employs with her patients. She helps them, but she also helps them to help themselves. Dr. Fishman works on a patient's health problems, in many instances, by making a connection with the patient's family and other loved ones. "This part of medicine is most powerful," says Dr. Fishman. "People who are connected do better with their health," she notes.

Why this approach? "I'm a systems thinker," explains Dr. Fishman. "I like to know about the patient, but also about their family, their community, their work environment," she adds. "It's all connected and it all makes a difference."

It was through this type of thinking that the 90-Second Intervention was born. It's a seemingly simple solution to that age-old physician's problem – patient compliance. It is a solution that is born of a "systems thinker." And it is Dr. Fishman's brainchild.

The 90-Second Intervention is just what its name suggests. The physician takes the time to ask the patient, "Who loves and cares for you?" Then, the physician phones that person – be it spouse, child, sibling or close friend – and asks if he or she will help the patient remember to take medicine, to exercise or whatever the intervention might be.



Tana Fishman, DO '95, MS

"I believe strongly in practice-based research," says Dr. Fishman.

WALKING PROGRAM WORKS FOR MARY COKER

Dr. Fishman's 90-Second Intervention is still working for Mary Coker, a patient from southwest Philadelphia who was part of the latest study and who has continued walking to benefit her health.

"I started the walking program about a year ago or so and I'm still walking a half-hour or more every day," says Coker. "I'm working on my weight and blood pressure and my arthritis."

The patient says that Dr. Fishman called her daughter, right there from the doctor's office, to enlist her help in getting her mother into the program. "Dr. Fishman explained why I should walk and then my daughter said she'd help me out," recalls Coker. "She doesn't walk with me, but she does remind me to do it."

Coker says that she stuck with the walking program, losing about 20 pounds, while reducing her hypertension. "I definitely notice a difference," says Coker. "I feel better."

Coker says that she didn't realize how much of a difference a little walking could make in her life – until she got up and got going. She says she'd recommend a walking program to anyone who wants to feel better physically, and mentally. "I walk every chance, now," she emphasizes.

"Dr. Fishman is a really nice person," notes Coker. "She's easy to talk to and she helps you do what you need to do."

LOUISE MILLER LIKES “HEALTH PARTNER” IDEA

Sometimes Louise Miller walks with her “health partner” and sometimes she walks by herself. Eight months after participating in Dr. Fishman’s study, Miller was still walking twice a week, about 20 to 25 minutes each time.

Miller, a West Philadelphia resident, reduced her exercise schedule after a couple of medical procedures, but says she plans to return to walking more frequently. “I leave work at noon and the park is right there, so sometimes I get my walk in after work, but before I get home. When I get home, something’s always going on.”

Miller started walking after Dr. Fishman explained it would help lower cholesterol and reduce weight.

Meeting up with her “health partner” is not always easy, since she is a neighbor whose work schedule changes from time to time. “It’s nice to walk with someone, but I do it by myself, too,” Miller emphasizes. “I don’t let that stop me.”

One added benefit of regular walking, she says, is social. “I see people I wouldn’t ordinarily get the chance to see and they ask me what I’m doing, and I explain it to them.”

Miller says that walking does make her feel better and that she’s received a couple of compliments since she started.

The call is made during the office visit while the patient is present.

“I think she’s doing a great thing for her patients; it’s so important to emphasize the preventive steps people can take,” says Brian McDonough, MD, Fox Television medical editor. “It’s most important to get family involved. They can have a great deal of impact.”

Dr. Fishman’s idea received national attention when she received the coveted “Secretary’s Award for Innovations in Health Promotion and Disease Prevention” in 1995 from the U.S. Department of Health and Human Services. She was the first osteopathic medical student to win the award.

Dr. Fishman’s study of the 90-Second Intervention, funded by Wyeth-Ayerst Pharmaceuticals, was conducted with patients at PCOM’s Cambria Street Healthcare Center and St. Joseph’s Hospital outpatient center. Using the 90-Second Intervention, Dr. Fishman took a look at how family and close friends could become involved in reminding patients to take their hormone replacement therapy (HRT) as prescribed.

“This intervention can be used in a lot of ways,” explains Dr. Fishman.

These days, she is compiling data in a recently completed study of how well the 90-Second Intervention works for patients who need to exercise to lose weight, reduce their blood pressure, lower their cholesterol and gain myriad other health benefits. “I’m a devotee of the literature,” says Dr. Fishman. “I have tremendous respect for the researcher.”

For instance, the literature tells Dr. Fishman that as many as 250,000 deaths in the United States each year are attrib-



“I think she’s doing a great thing for her patients; it’s so important to emphasize the preventive steps people can take. It’s most important to get family involved. They can have a great deal of impact.”

Brian McDonough, MD
Fox Television medical editor

utable to a lack of regular physical activity. According to the Centers for Disease Control and Prevention, only 22 percent of adults in the United States are physically active enough to gain a health benefit. And according to a report by the World Health Organization, only an estimated half of the world’s population is sufficiently active.

Nowhere is this sedentary nature as prevalent as in the United States, where technology has combined with human attitudes to create a nation in which the majority of citizens are not physically fit – leaving them more susceptible to the chronic diseases of our time.

African-American women in urban settings, for instance, have been found to be a group with very low rates of regular physical activity. In her latest research, Dr. Fishman concentrates on this group by studying how well the 90-Second Intervention and the help of a “health partner” will motivate study participants

to begin and adopt a regular exercise program. In Dr. Fishman's group, African-American women between the ages of 21 and 75, with a body mass index of 27 or greater, began a walking program with the encouragement, and sometimes the participation, of a "health partner" – a family member or friend.

Thirty-one of the 34 women who began the program in January 2000 were still participating a month later. And many of the women continue to meet on their own to walk, now that the study has been concluded. "A lot of good can come of this type of thing," says Dr. Fishman. "Some of the women from the HRT study, for instance, have formed a women's health group to meet twice a month, to lose weight, quit smoking and to work on other issues."

Although weight loss was not part of the latest study, 55 percent of participating patients lost weight. A side benefit: Some family members and other "health partners" also became patients of Dr.

"I'm a systems thinker. I like to know about the patients, but also about their family, their community, their work environment. It's all connected and it all makes a difference," says Dr. Fishman.

Fishman. In many cases, these people were not previously seeking regular medical care.

Still, many physicians hesitate before involving patients' family members in this way. "Physicians find this a little messy," explains Dr. Fishman.

All of this attention to patients and their families has earned Dr. Fishman a fair amount of local, national and international exposure. She's presented her work in Norway and at Michigan State University through a project she undertook while on a faculty development fellowship in primary care.

CONTACT DR. FISHMAN

Physicians and others who would like more information about Dr. Fishman's research can reach her at PCOM at:

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E-mail: tanaf@pcom.edu

Now, she's participating in a three-month special program in New Zealand, at the University of Auckland Medical School. There, Dr. Fishman is lecturing, helping with curriculum development in community medicine, precepting students in a clinical setting and establishing research using the 90-Second Intervention.

"My hope is to learn about a different health system and a different academic system," says Dr. Fishman. "I also hope to learn how dollars enter into the picture in order to better understand their system," she adds.

"The entire experience should give me a very broad perspective."

Whether in Norway, New Zealand or at home at PCOM, Dr. Fishman keeps her focus on outcomes data in primary care. "Evidence-based medicine really does legitimize what we do, and more primary care physicians might begin to see that their patients are their database," says Dr. Fishman, echoing an idea that is often mentioned by Richard Kriebel, PhD, chairman, biomedical sciences, and associate dean, curriculum and research.

"When we work to provide enough proof, physicians get the message," she notes.



Mary Coker, being weighed by Dr. Fishman, lost 20 pounds by starting a walking program.



When Ronald R. Blanck, DO '67, volunteered for military service as a general medical officer in Vietnam, he never imagined that he would someday become the highest-ranking physician in the US Armed Forces – Army Surgeon General and Commander of the US Army Medical Command.

Ronald R. B

Recipient of the

Putting people first

“Not bad for a little kid from a small town like Ephrata, Pennsylvania,” he recalls thinking in typically humble fashion during his 1996 swearing-in ceremony.

It was in Ephrata that the 2001 “O.J. Snyder Memorial Medal” recipient discovered his passion for medicine when he volunteered as an ambulance driver during summer vacation from Juniata College. “I loved working in the ER and hanging around the wards of our little community hospital,” he recalls. “I decided then and there that medicine was absolutely what I wanted to do.”

In his senior year of college, he switched his major from engineering to pre-med and applied to PCOM at the suggestion of his family doctor, Harold Finkel, DO '46.

After graduation from PCOM and an internship at Lancaster Osteopathic Hospital, Dr. Blanck volunteered for service in Vietnam. “That’s where the action was and I wanted to see what was going on,” he says.

When he returned to the States a year later, he was accepted for an internal medicine residency at Walter Reed Army Hospital – just the beginning of a 32-year military career full of distinguished achievements.

Distinguished military career

Now retired from the US Army, Dr. Blanck was the first DO to become surgeon general of any of the US commis-

sioned services. Always a pioneer, he was also the first assistant dean for student affairs when the Uniformed Services University School of Medicine was established in 1976. He also served as the first DO chief, department of medicine of Brooke Army Medical Center in Texas, the Army’s second largest medical teaching center.

Recipient of the Bronze Star and Distinguished Service Medals, among many military honors, Dr. Blanck served as Army Commander of Walter Reed Army Medical Center and North Atlantic Health Service Support Area. He commanded two US Army hospitals in Germany – Berlin and Frankfurt – while the Berlin Wall was still in place. He served as physician to notable patients such as former first lady Mamie Eisenhower and Chief Justice William O. Douglas. And he met privately with foreign leaders such as Egyptian President Hosni Mubarek during Middle East peace initiatives.

“The military gave me enormous opportunities,” says Dr. Blanck. “I headed an intensive care unit, taught medical students and commanded three hospitals, among many other assignments. Where else could you get such a wide variety of experiences and have so much fun?”

“The military also affords physicians the opportunity to practice medicine the way it should be practiced – in the best interest of the patient,” he adds.

Among his many accomplishments, he is especially proud of his efforts to help

Gulf War veterans cope with various illnesses. Dr. Blanck spearheaded the founding of the Gulf War Health Center at Walter Reed Army Hospital, for which he was honored by the Veterans of Foreign Wars with the “Armed Forces Distinguished Award.”

“This is a unique national resource for Gulf War veterans who come for a three-week program to learn how to live with their illnesses,” explains Dr. Blanck. “As a result, hundreds of soldiers, sailors, airmen and marines have returned to active duty. While their illnesses have defied explanation, you can’t deny the illness because you can’t define it. Patient focus means acknowledging the illness while you continue to study it.”

People and patients first

Putting the patient first is key to Dr. Blanck’s philosophy of medicine and his extraordinary success. “I’m driven by the importance of individuals,” he says. “I communicate it to my associates. I build it into medical education curricula. Most important, I try to live my values. If you live what you believe, others see and follow your example.”

One of Dr. Blanck’s special gifts is his ability to communicate, says Donna Blanck, his wife of 29 years. “He is truly interested in other people, and he always looks at their positive side,” she says. “He is just as caring, supportive and sensitive with his patients and colleagues as he is with our family.”

Blanck, DO 67

2001 O.J. Snyder Memorial Medal





Dr. Blanck receives an award from the American Medical Association surrounded by his family, left to right, daughters Susan and Jennifer and wife Donna.

The Blancks have two daughters: Jennifer, an English major at Trinity College in Washington, DC and Susan, a graduate of the University of Vermont now training to become a broker with Salomon Smith Barney. "Despite his very full schedule, Ronald has been there for the girls," says Donna Blanck. "He's given them vision and focus as well as love.

"He is also a great mediator," she continues. "He can bring people together and make both parties feel satisfied better than anyone I've ever known. Our daughter, Jennifer, recently said how lucky I am to have married him. I couldn't agree more!"

In the military, Dr. Blanck's propensity to put people first became legendary. "One might expect that a three-star general in charge of a \$6 billion global organization would be too busy for troops," wrote Lt. Col. Jim Diehl, USMC, to honor Dr. Blanck upon his retirement. "This one quietly slips out of town on holidays and visits his soldiers in places like Guatemala or Nicaragua where they are doing their nation's bidding in humanitarian work . . . then he writes about them in his personal monthly e-mail newsletter to the troops."

New challenges

Retired from the military since July 2000, Dr. Blanck is far from retired from medicine. He's taken on a new challenge as president of the University of North Texas Health Science Center at Fort Worth, which trains osteopathic physicians, physician assistants, scientists and other health professionals through its Texas College of Osteopathic Medicine, Graduate School of Biomedical Sciences and School of Public Health. The center also includes six Institutes for Discovery conducting leading-edge research and a 110-member physician group practice managing 188,000 Fort Worth-area patient visits yearly.

Despite the scope of his new responsibilities, Dr. Blanck wasn't too busy recently to serve ice cream to second-year medical students who were studying for a cardiovascular exam the next day. "It's my way of showing students the importance of putting other people first. I hope they'll do the same.

"I want them to know that putting patients first is more than just good bedside manner or clinical treatment," he continues. "It's also about being polite to them on the phone, making sure parking spaces are available for them

near the office door, and extending as many courtesies as possible."

Dr. Blanck values his work with students as a key career achievement. Among his many awards, one of the most meaningful to him is the "Young at Heart Award" from the American Medical Association Young Physicians' Section. "I was very moved that the students were so appreciative of my mentoring and teaching efforts," he recalls, adding wryly, "But I guess this means I'm not young any more!"

Keys to success

Dr. Blanck credits PCOM with providing the broad base of knowledge he needed to pursue the variety of opportunities that came his way. "People like Al D'Alonzo, Nick Nicholas Sr. and Morton Greenwald were tremendous teachers," he remembers. "And the camaraderie and teamwork I experienced at PCOM still influence my interactions with people to this day.

"It fascinates me to see the medical world moving closer to the holistic approach that PCOM and osteopathic medicine have always espoused," he comments. "I've always been proud to be part of the DO philosophy and heritage."

Dr. Blanck credits much of his success to "spectacular bosses and mentors who helped me along the way." Others who know him well think otherwise.

"This self-effacing officer with a legendary sense of humor . . . is a uniquely talented humble servant-leader," wrote Lt. Col. Diehl. "He is an officer whom I would gladly follow and the sort of person to whom I would entrust my son or daughter, regardless of circumstances."

"So few people have it all – knowledge, vision, leadership skills and people skills," says Donna Blanck. "Ronald does. We have a great life together . . . the adventure has been unbelievable!"

CONSTANCE GASDA (DO '01)

IMPROVING LIFE for OTHERS

M A S O N W . P R E S S L Y M E M O R I A L M E D A L R E C I P I E N T

Driven by a sense of adventure and her passion for people, this year's recipient of the "Mason W. Pressly Memorial Medal," Connie Gasda, finds her greatest rewards in helping to make life better for others. She's aided hurricane victims in Florida and the poverty-stricken residents of Appalachia. After graduating from Villanova University, she bought a pick-up truck and traveled to Arizona where she taught high school science on the Navajo reservation for two years.

Her love of medicine won out over her interest in conservation biology and environmental science, and she entered PCOM in 1997.

As an osteopathic physician, Gasda will continue helping people by incorporating environmental science into the practice of pediatric medicine. "I'm concerned about the effects of the environment on developing children," she says. "We see an increasing number of children with asthma each year – and that's just one problem. If we have any hope of making long-term changes in our environment, we have to start by showing its impact on children's health."

Gasda also plans to incorporate osteopathic manipulative medicine (OMM) into her practice, perhaps dedicating one or two days a week to manipulative treatment. She "fell in love" with OMM after treatment by an OMM fellow during her freshman year at PCOM. "I was so amazed at how wonderful I felt!" she recalls. "It's so much more rewarding to touch a patient and have an instant healing effect instead of just telling the person to take a pain reliever."

Gasda has a special interest in cranial manipulation. "You can treat a wide range of problems by manipulating and reducing cranial bone restrictions," she explains. "It can be effective for neonatal problems, headaches and nausea. It has even been shown to improve behavior and attention span in children with attention deficit disorder."

During the past four years at PCOM, Gasda has worked to improve life for her fellow students while pursuing her own medical education. As a PCOM student government representative, Gasda has been a member of the curriculum committee and its "Integrating OMM" sub-committee, working to enhance the curriculum by increasing focus on OMM.



Constance Gasda (DO '01) is joined by Dean Kenneth J. Veit, DO '76 at the Founders Day Assembly January 19.

Recently, Gasda became chairwoman of the internship/residency advisory committee, single-handedly developing a PCOM Web site link with answers to the most frequently asked questions about rotations, internships and residencies. "Students really don't understand how the process works or what to expect," remarks Gasda. "I felt our committee had to do something to help. One student was so happy with the Web site that he hugged me!"

Gasda was a student presenter at the American Academy of Osteopathy's A. Hollis Wolf Case Competition in 1999 and 2000, winning second- and first-place prizes, respectively. With her first-place presenta-

tion on treating and preventing work-related injuries, she earned an opportunity to study with a French osteopath in Paris this spring. Through her success and enthusiasm, she has encouraged other PCOM students to enter the competition.

A rotation group leader, Gasda also served as a PCOM "Bridging the Gaps" mentor, developing and instructing an aerobic exercise program for elementary school children in North Philadelphia. She also has volunteered for the Cambria Street Healthcare Center health fair and PCOM blood pressure drive.

At PCOM, Gasda found her love for helping people returned a hundred times over. "I received an excellent medical education here," she says. "PCOM students are so willing to help each other. I've always known I could ask any of my classmates for help and they would gladly give it. You don't find that camaraderie at many medical schools."

"The teachers are equally willing to help. The PCOM faculty is such a dedicated group. If you have a question, you never have to be afraid to go right to the professor's office and ask."

A Sigma Sigma Phi Honors Society member and editor, Gasda has won numerous scholarships, including the Angus Gordon Cathie, DO; Nicholas S. Nicholas, DO; Board of Trustees; and Drinking Water and Disease Conference scholarships.

Looking ahead, Gasda plans to practice pediatrics in rural Pennsylvania. But first, another adventure: she and her fiancé are planning a 90-mile hiking and backpacking trip in California and Washington state followed by a big wedding this fall.

PCOM MEDNet

A wealth of clinical experience

With an array of affiliated teaching sites in the MEDNet post-graduate network, PCOM is better equipped than ever to give interns and residents the diversity of clinical experiences they need. Students also rotate through the MEDNet sites. Here's a look at our 33 member hospitals — who they are and where they are.



Pennsylvania

- Albert Einstein Medical Center
- Allegheny Family Physicians of Altoona Hospital
- Community General Osteopathic Hospital (Pinnacle Health System) (Harrisburg)
- Community Hospital of Lancaster
- Crozer Keystone Health System (Drexel Hill)
- Easton Hospital
- Frankford Hospital, Bucks County
- Geisinger Medical Center (Danville)
- Guthrie Health Care System/Robert Packer Hospital (Sayre)
- Lehigh Valley Health Network (Lehigh Valley Hospital and Muhlenberg Hospital)
- The Medical Center, Beaver

- Mercy Catholic Medical Center (Darby)
- Mercy Suburban Hospital (Norristown)
- Nesbitt Memorial Hospital (WVHCS) (Kingston)
- The Reading Hospital and Medical Center
- Sacred Heart Hospital (Allentown)
- St. Francis Medical Center/Health System (Pittsburgh)
- St. Joseph's Hospital (North Philadelphia Health System)
- St. Joseph Medical Center (Reading)
- Tenet - Graduate Hospital

PHILADELPHIA CONSORTIUM

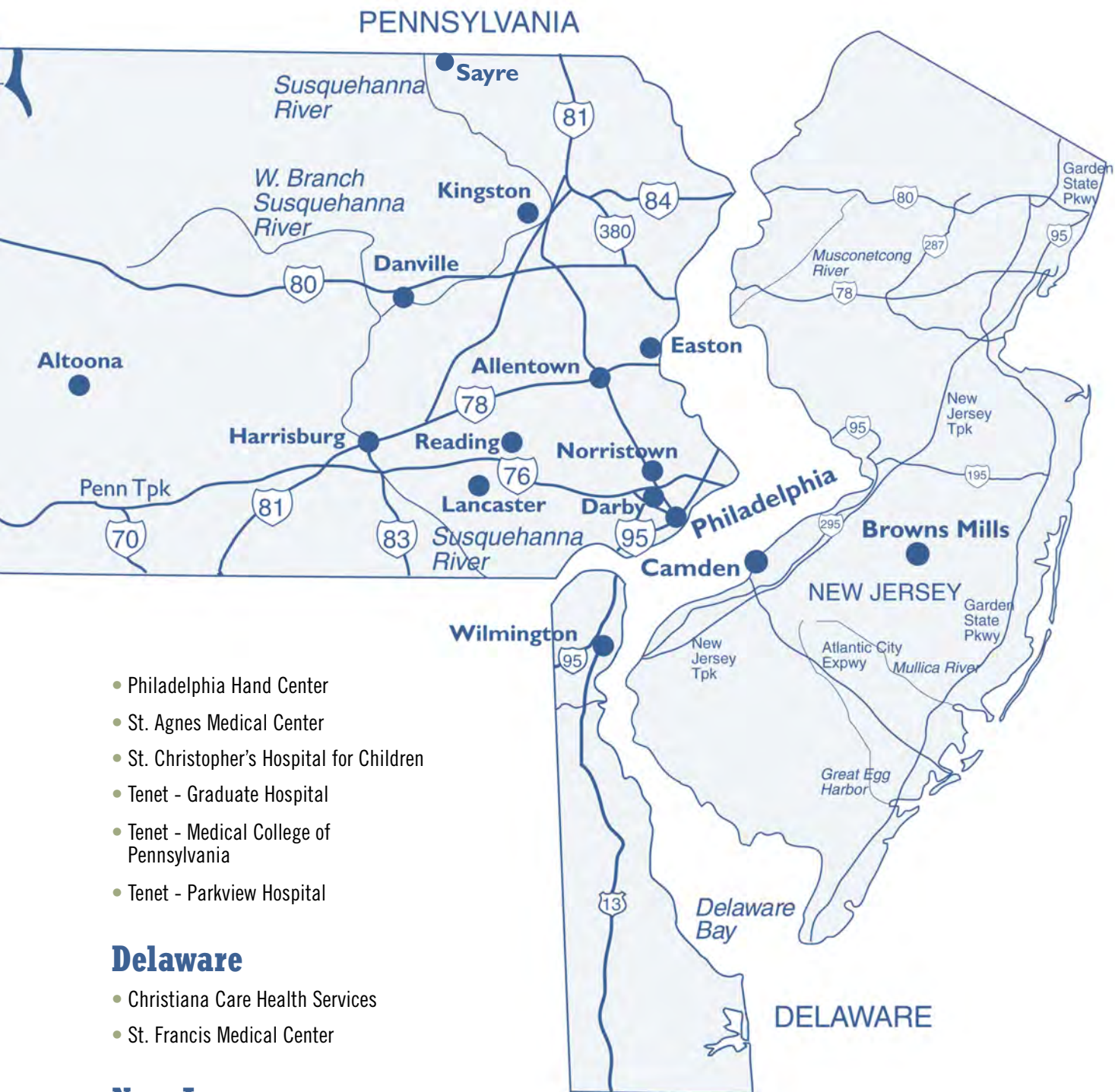
Internship Program

- Albert Einstein Medical Center - Germantown Division
- Mercy Catholic Medical Center

- St. Agnes Medical Center
- Tenet - Medical College of Pennsylvania
- Tenet - Parkview Hospital

Residency Programs

- Albert Einstein Medical Center - Germantown Division
- Cooper Hospital (Camden, NJ)
- Delaware County Memorial Hospital (Crozer Keystone Health System)
- Episcopal Hospital
- Frankford Hospital, Bucks County
- Memorial Sloan Kettering Hospital (New York)
- Mercy Catholic Medical Center
- Mercy Suburban Hospital
- Methodist Hospital





B O A R D

P R O F I L E

Carolynn King Richmond

*A diverse
perspective*

**For new board
member, life is a
moving target.**

Some things happen according to plan. In Carolynn King Richmond's case, her professional trajectory was launched, quite literally, by accident.

Traveling through Europe after graduating from college, Richmond was on a train in Belgium when it derailed. The event was a defining moment in her life: "Having survived the accident, I realized I never wanted to be in a position again where I couldn't help people when the situation arose." After returning to the United States, Richmond enrolled in the physician assistant program at George Washington University.

"Becoming a PA was a rebellious take on medicine back then," recalls Richmond. "I found it very intriguing." After several years of practice in cardiothoracic surgery at Brigham and Women's Hospital in Boston, Richmond became increasingly interested in the connections between the policies and providers of health care. This led her to a master's degree at Harvard and eventually to a law degree at Villanova University School of Law.

As a lawyer Richmond found that being a veteran of the medical world was "a huge asset. I was able to translate the language of both medicine and law, and understand some of the challenges practitioners face in each." As a result, she became a medical malpractice defense lawyer. "I was able to straddle both worlds, which enabled me to be a more effective advocate for doctors," she notes.

After practicing law for nine years, Richmond decided to join her husband, Dr. George Richmond, at MicroSociety, Inc., a Philadelphia-based, nonprofit educational program through which children create a microcosm of the real world inside the classroom. "Students from kindergarten to eighth grade build their own miniature society inside the schoolhouse," explains Richmond. "For one hour each day, they run everything from businesses to stock exchanges to courtrooms. With a public health doctor as a partner, students in one San Diego elementary school practiced rudimentary primary care, complete with white

coats and stethoscopes! While the program makes learning the basics fun for students, it is by no means play. In addition to working on their jobs, students pay taxes, tuition and rent. They even have their own IRS."

According to Richmond, engaging local community partners in education can be a challenge, but not so in the Micro schools. "Community partners work with teachers to expose children to all kinds of professions, so children gain a clear take on the world and their role in it."

During her five-year tenure as executive director, MicroSociety has grown from a small business to a \$2.2 million enterprise supporting 250 schools in 40 states. "I hope my diverse background has enabled me to bring a real value-added component to the world of education," she says.

Now PCOM's board of trustees will benefit from Richmond's skills and experience. "As a veteran of the medical world, I bring an understanding of the concerns of medical students and health care practitioners to the boardroom," she comments. "At the same time, I'm cognizant of health care policy and legal issues.

"I've always had tremendous respect for osteopathic medicine because of its holistic approach," says Richmond. "Osteopathic physicians play a huge role in educating the rest of us about the value of alternative approaches."

Looking ahead, Richmond is interested in expanding PCOM's physician assistant program and exploring ways to launch and grow other degree programs while fostering increased communication and understanding between the board and students.

"Life is a moving target," summarizes Richmond. "Different experiences provide new and exciting opportunities. The longer I live, the more connections I see in everything I do. I hope to continue to accumulate new chapters in my life and make a contribution to the community."

For 35 years, Vincent Lobo, DO '65, DACFP, has been driven by two parallel missions. His mission in medicine is to treat the whole person; his mission in politics is to gain respect and equal rights for osteopathic physicians.

As a family physician in the small southern Delaware community of Harrington, he became an integral part of the community. "As a result, I got involved in local government," says Dr. Lobo, who has served as mayor and, most recently, vice mayor.

But his political involvement didn't stop at the local level. He has worked successfully to change Delaware state laws so osteopathic physicians have the same rights to practice medicine as allopathic physicians.

Last year, Dr. Lobo was instrumental in getting a resolution passed in the Delaware Legislature that recognizes PCOM as the official osteopathic college for the state.

"We demonstrated the value of osteopathic physicians in Delaware," he explains. "As a result, the state will fund a PCOM medical education for five students from Delaware each year."

Dr. Lobo was the first DO to serve on Delaware's State Board of Medical Practice, where he served for 11 years as a legislative liaison and then president. In addition, he has served as chairman of the state's Drug Advisory Board and as a member of Delaware's Senate Task Force on Workers' Compensation.

In recognition of his many efforts, Dr. Lobo received a tribute from the Delaware House of Representatives for "outstanding contributions and service to the community along with the competent medical care provided to his patients."

Dr. Lobo began his medical career in the early '60s as an optometrist. "Optometrists were very limited in what they could do in those days," he recalls. "I wanted to do more."

He first learned about osteopathy

from his own physician, who suggested that he apply to PCOM. For four years, Dr. Lobo commuted weekly between PCOM and his home in Delaware, practicing optometry on the weekends to fund his osteopathic medical education.

"People suggested that I specialize in ophthalmology since I was already an optometrist, but I chose family practice because I enjoy people and general medicine," he explains. "Practicing in more than one modality makes me feel like a complete physician. That's why I chose osteopathic medicine. For many years I was the only DO in the area, and my ability to do osteopathic manipulation and treat challenging problems successfully distinguished me and helped me build my practice rapidly."

A member of the American Osteopathic Association and American College of Osteopathic Family Physicians, Dr. Lobo was named "Doctor of the Year" by the Medical Society of Delaware. He served as president of the Delaware

State Osteopathic Medical Society, which honored him with an award for his "contributions to the advancement of medicine." In addition, Dr. Lobo serves as treasurer of Physician Health Services of Delaware.

In his new role as president of PCOM's alumni association, Dr. Lobo looks forward to giving back to the college that gave him so much. "PCOM is a leader in the profession, and its tremendous reputation benefits all DOs. My goal is to build a closer, more open relationship between the alumni and the College. Together we will help the College continue to prosper."

Dr. Lobo enjoys relaxing with his wife Herla, son Steven and two grandchildren at their southern Delaware beach house. Even there, he's active in local government, currently as Fenwick Island's commissioner of health and sanitation, and formerly as councilman and mayor.

ALUMNI

BOARD

PROFILE

Vincent Lobo, DO, DACFP

PCOM alumni association's new president



**Physician
assistant
students**

go to



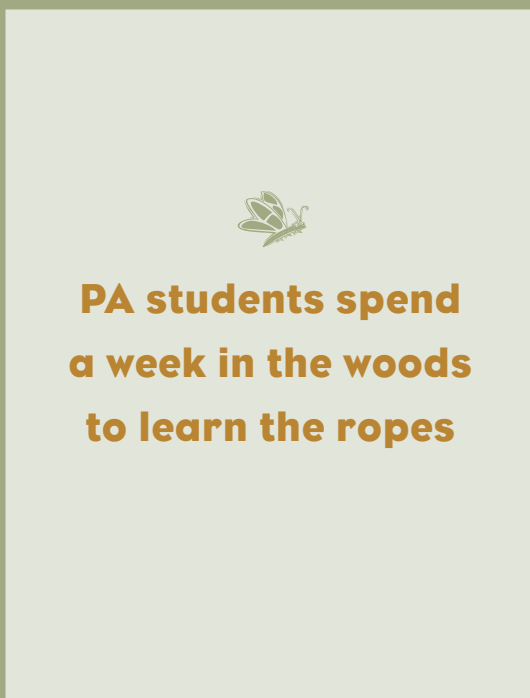
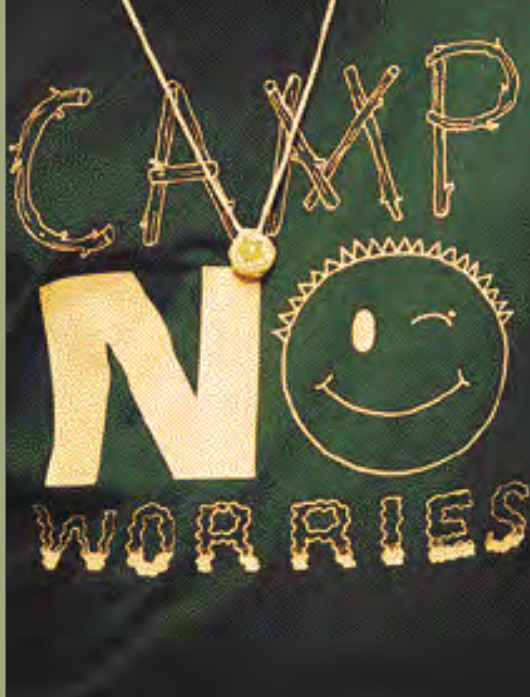
**to become
better
health care
providers**

**PHOTOGRAPHY BY
JEFF REEDER**

A light, steady rain fell on the small unsteady hands of the 12-year-old camper. He held the ball with intent, as if his hands were vice-grips. Everyone was watching, now. This next shot would be the one; it was crucial. The shot was up. It sailed in an slow, lazy arc. He scored the points, and the celebration, though brief, was sweet. The camper had just tasted victory in the rather obscure game known in overnight-camp circles as “roofball.”

It could have been softball or soccer or volleyball; that didn’t matter so much. This was a victory for the human spirit. This was a victory for a child who is competing against a far tougher foe than any accomplished athlete might even imagine. This was a victory for a child who has been fighting cancer for a couple of years and who, with admirable courage, continues to do so.

For the past several summers, boys and girls between the ages of 6 and 16 who are afflicted with various forms of cancer have flocked to Camp No Worries, deep in the pinelands of New Jersey, for a week of simply being a regular kid. At the camp, they play sports, participate in arts and crafts, share a cabin with their peers, write letters home, listen to stories and tell some, too — all under the watchful eyes of numerous camp counselors and special medical staff.





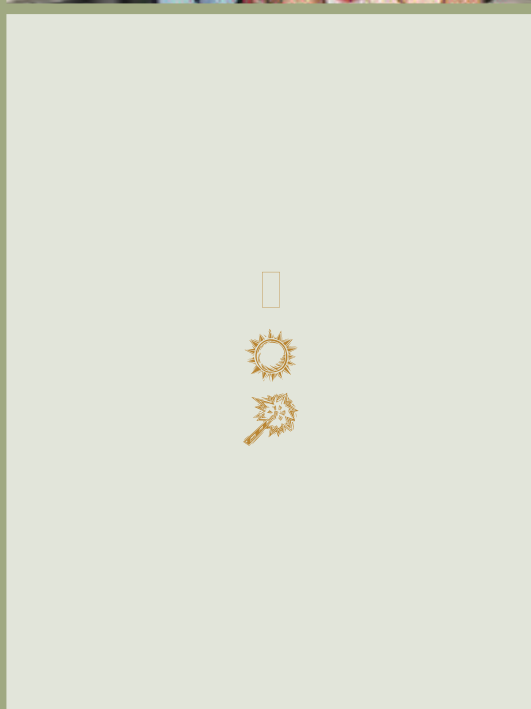
**"You need to be
able to have
empathy, to listen
and adapt to the
different age
groups and what
they need."**

**—Jenni Rhodes
(PA '03)**



PA students are joined at the camp by PA studies chairman Kenneth R. Harbert, PhD, standing, center. The students are, standing left and right, Francine Spinogatti and Jenni Rhodes, and sitting, left to right, Preethy Mathew, Rachel Dickinson, Neida Farrow (sitting, back) and Timothy Spero.

*Kenneth R. Harbert, PhD
chairman, physician assistant studies*



Some counselors are a little more than meets the eye. They're a little better able to deal with the cuts and scrapes, contusions and crying that are an inevitable part of kids' lives at an overnight camp. These counselors, from Connecticut, Long Island, NY, Philadelphia and other environs, are physician assistant (PA) students in their second and third years in the PCOM program. They'll graduate and go on to take direction from a physician, working as the physician's right-hand person in almost every imaginable medical setting – from the ER and OR, to pediatrics and family practice.

For a week each summer, Camp Indiwendiwin, a Girl Scout camp in Tabernacle, NJ, is used for Camp No Worries, where children with cancer and their siblings, as well as bereaved siblings, come together. A separate week at YMCA Camp Ockanickon is reserved for Camp Bright Feathers, for children battling HIV/AIDS. Both are funded entirely by donations from corporations, medical centers and individuals.

At these special camps, the campers are not the only ones coming together. The PA students come together, too, as a group and as individuals. PCOM provides about a dozen PA students as counselors for the one-week camps.

"It's active all week," says Francine Spinogatti (PA '03). "I didn't think I'd do well in the woods with the spiders and the snakes. In fact, I saw a snake. But you start to get used to it, and the children are so carefree and fun. It's interesting, the things you notice: adults get a lot more depressed than these kids."

The experience at the camps gives the students the ability to understand what they are becoming as provider and practitioner, explains PCOM's Kenneth R. Harbert, PhD, CHES, PA-C, chairman, physician assistant studies. "It gives them the ability to understand responsibility."

Dr. Harbert has been to the camp grounds and knows what interacting with the campers can do for his students. The campers "have difficulty in their daily lives. If my students can smile with them, laugh with them and become a part of these kids' lives, it can help the campers and teach the students some of the skills they'll be needing," emphasizes Dr. Harbert.

"It's very important for the PA to work at a level where we can comfort people as caregivers," he notes. "This is something we work to get across to the students in programs like this one."

It also helps the PA students to learn to work closely with others. "I love working with these kids," says Neida Farrow (PA '03). "We learn to work as a team. I'd definitely do it again."

Tim Spero (PA '03) says the experience has been an eye-opener. "You walk around here and it's just a camp; if you look around you have no idea these kids are sick."

That's because the camp director, Kasey Hall, goes to great lengths to ensure that campers are treated the same way any kid would be. Hall, a child life specialist at Children's Hospital of Philadelphia, started Camp No Worries in 1995 because she

wanted to provide an outlet for children that was not available to her when she was a child with cancer.

During the week, you'll find Hall moving at a frenetic pace, alternately talking into a two-way radio and a cell phone as she sees to every detail involving the 78 campers, plus counselors and other staff.

"We can always use donations of money [Camp No Worries has a budget of about \$50,000] and the time of health care providers who'd like to help out," Hall says.

"It's an all-volunteer effort and it's completely free to these kids and their families," adds Rod Herrera, a social worker who volunteers his professional time for the week and who doubles as camp photographer.

Barbara Maronski, director of Camp Bright Feathers, says the camp has a special need for nurses and other health care providers who can dispense medication. "We have a lot of kids taking a lot of medication and we need professionals who can help us with that," says Maronski. "We also have a need for clothing and basic supplies."

For the PA students, the camps provide hours of human service activity that is part of their curriculum. The experience makes it much more.

"You need to be able to have empathy, to listen and adapt to the different age groups and what they need," notes Jenni Rhodes (PA '03). "Sometimes, the most important thing you have to do is calm a child down who has fallen or gets a cut."

Farrow recalls that she was afraid, at first. "But when you see that they need you, you get over being afraid and take care of the situation and the kids."

She remembers having a long talk with a child who has been very ill and was now homesick. "We talked, and wrote a letter home. It helped, and I learned something. I learned a lot."

FOR MORE INFO

If you'd like to donate professional services or money to *Camp No Worries* for kids with cancer and their siblings, as well as bereaved siblings, call Pam Hall at the Family "Y" of Burlington County, NJ at (856) 234-6200, ext. 232.

If you're interested in donating professional services or money to *Camp Bright Feathers* for children with HIV/AIDS, call Tom Sauerman, executive director of the AIDS Coalition of Southern New Jersey at (856) 933-9500, ext. 202.



CLASS NOTES

30s

Luelle S. Hamilton, DO '39, Lancaster, Pa., was mentioned in the *Lancaster Intelligencer Journal* for her alkaline diet.

50s

Robert S. Ravetz, DO '57, Philadelphia, Pa., authored an article in the *Journal of the Pennsylvania Osteopathic Medical Association* titled "Post-traumatic stress disorder: diagnosis and treatment."

60s

Sheldon P. Wagman, DO '67, Scottsdale, Ariz., was appointed clinical professor of psychiatry at Arizona College of Osteopathic Medicine – Midwestern University.

70s

Edward A. Metz, DO '70, Crawford, Neb., completed 20 years in the US Army Reserve and National Guard.

Patrick J. McAndrew, DO '71, Pleasant Mount, Pa., has been elected president of the Marian Community Hospital medical staff.

Donald J. Sesso, DO '71, Gwynedd Valley, Pa., received the "Teacher of the Year Award" presented by the house staff of Mercy Suburban Health System.

Samuel Strauss, DO '71, Bellevue, Wash., was elected a fellow in the Aerospace Medical Association and to membership in the International Academy of Aviation and Space Medicine. He retired from the US Air Force Reserve with the rank of Colonel. As an aerospace medicine specialist, senior flight surgeon and rate aircrew member, he flew over 500 hours in 15 types of USAF jet aircraft.

Jerry Weinberger, DO '71, writes:

"As I won't be able to attend our 30th class reunion, I thought I'd update whomever may be interested in 'where I'm at.' After completing a radiology residency in Brooklyn, NY, I spent a year as a fellow in angiography at the Upstate Medical Center in Syracuse. Following marriage and eight years as an attending at The Brooklyn Hospital and The New York Medical College, I, along with my wife Rebecca and our two children Aderet and Gidon, moved to Jerusalem, Israel to continue our life's adventure.

Here, in Jerusalem, I am privileged to have an appointment as a senior radiologist at Hadassa University Hospital. I spend most of my time in neuroradiology. Life here is exciting, fulfilling, historic and, as a religious Jew, immensely satisfying. That is not to say it isn't somewhat dangerous! Israel is a small country – 5-6 million people, and Jerusalem, its capital, has a population of about 600,000. Being on-call for a week-end here means being the neuroradiologist for the entire city of Jerusalem! For me, just that is a historic and religious experience. Life here is also complex and not at all what shows up on the TV screen or in the newspaper. The chief technologist at Hadassa is an Arab, Sohel, a marvelous tech and a lovely fellow. Sohel lives in Jerusalem, and reflects a reality not much publicized: that many Israeli-Arab citizens in Israel enjoy all that any Israeli citizen does. In fact, a large number of Israeli- and non-Israeli Arabs shudder at the thought of a Palestinian-Arab state under the administration of Arafat and his associates.

That said, I wish to convey good wishes and warm regards to all my classmates. I can be reached at my e-mail: gweinb@hotmail.com or by regular mail at Dr. G. Weinberger, P.O. Box 12196, Jerusalem, Israel, 91120.

Many thanks for sending me an invitation to our class reunion. I'm sure it will be a great time for all."

Michael J. Hoh, DO '72, Johnsonburg, Pa., was inducted as a fellow of the American College of Osteopathic

Emergency Physicians.

Donald A. Krachman, DO '73, Cherry Hill, NJ, was appointed vice president of physician affairs and medical director of the Virtua – West Jersey Hospital, Berlin.

Russell Schreiber, DO '75, Williamstown, W. Va., was featured in an article in the *Parkersburg Sentinel* titled "Technician helps allergy sufferers deal with irritants."

Anita M. Steinberg, DO '76, Columbus, Ohio, was awarded the "J.O. Watson Memorial Lecture Award" at the 102nd annual Ohio Osteopathic Association meeting. Her lecture was titled "21st century: A call for activism."



Francis P. Sutter, DO '76, Gladwyne, Pa., joined Doylestown Hospital's department of surgery/cardiothoracic surgery in association with Main Line Cardiothoracic Surgeons.

Sue Bailey, DO '77, Chevy Chase, Md., was appointed administrator of the National Highway Traffic Safety Administration. Articles on Dr. Bailey have appeared in many publications, including the *New York Times*, *Washington Post* and *People* magazine.

Francis P. Gallagher, Jr., DO '77, Bryn Mawr, Pa., joined the emergency department at Mercy Suburban Hospital.

Thomas A. Haffey, DO '77, Westminster, Colo., received the 2000 "Distinguished Service Award" from the Colorado Society of Osteopathic Medicine.

Claude DeMarco, DO '78, Media, Pa., and **Joseph Olekszyk**, DO '85, Seaford, Del., celebrated their tenth anniversary

of partnership in Seaford.

Todd E. Stapley, DO '78, Belfast, Maine, joined the staff at Waldo County General Hospital.

Jack M. Thome, DO '78, Granville, Ohio, was appointed chairman of Ashtabula County Medical Center's radiology department.

Peter C. Gent, DO '79, Midlothian, Va., was featured in an article in *Richmond Magazine* titled "Alternative medicine: you won't find these techniques in the emergency room."

80s

Robert B. Contrucci, DO '80, Hollywood, Fla., was appointed chairman of otolaryngology at Nova Southeastern College of Health Sciences in Davie, Fla. He has a private ear, nose and throat practice with offices in Hollywood and Pembroke Pines, Fla. In 1999, he was listed as a "Top Doc" in otolaryngology and featured on the cover of *Miami Metro* magazine. He was also profiled on a local TV show, "Deco Drive."

Thomas D. Sneeringer, DO '81, E. Amherst, NY, opened a family practice at the Charles Medical Center.

Kevin J. Corcoran, DO '82, Clarks Summit, Pa., was featured in an article in the *Scranton Sunday Times* titled "Dr. Kevin Corcoran: establishing a chain of survival" about helping people survive heart attacks and stroke.

Steven Melhorn, DO '84, Richmond, Va., was featured in an article in *Richmond Magazine* titled "Alternative medicine: you won't find these techniques in the emergency room."

William S. Besser, DO '85, MPH, was assigned as assistant program manager for health affairs in the office of the program manager for the modernization of the Saudi Arabian National Guard. He previously served as chief of the medical staff and chief of preventive medicine at Bassett Army Community Hospital in Fairbanks, Alaska.

Jeffrey T. Kirchner, DO '85, Lancaster, Pa., was awarded a "Ryan White Title III Federal Grant" for \$815,000 from the HIV/AIDS Bureau of the Health Resource Service Administration. Ryan White Title III funding is designated for the delivery of primary care and HIV-related medical services. Dr. Kirchner serves as medical director for Lancaster General Hospital's Comprehensive Care Clinic for HIV and AIDS. He is also associate director of the family practice residency program at Lancaster General Hospital.

Ronald Paolini, DO '85, Aiken, SC, joined the Aiken-Barnwell Mental Health Center as a senior certified psychiatrist.

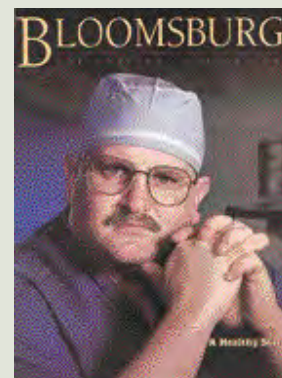
Hal London, DO '87, Warner Robins, Ga., was appointed medical director for the emergency department at Crisp Regional Hospital.

Ronald L. Luttes, DO '88, Charleroi, Pa., was elected vice-president of the Monongahela Valley Hospital medical staff.

Joshua M. Crasner, DO '89, Mount Laurel, NJ, was voted "Teacher of the Year" by the 2000 graduating intern class at Kennedy Health System, Washington Township Division. This is his third such award in the last five years. Dr. Crasner practices cardiology with the South Jersey Heart Group, which sees patients within the Kennedy Health System, Virtua – West Jersey Health System and Our Lady of Lourdes Medical Center.

Robert H. Debbs, DO '89, Voorhees, NJ, was named director of the Pennsylvania Hospital Maternal Fetal Medicine Network of the University of Pennsylvania Health System. Dr. Debbs was also listed in *Philadelphia Magazine's* "Top Docs" issue as one of the best physicians in the field of high-risk obstetrics and maternal fetal medicine.

Bloomsburg features alumni success



Mark S. Williams, DO '92, Bloomsburg, Pa., was featured on the cover of the fall 2000 issue of *Bloomsburg University Magazine*. Dr. Williams graduated from the university in 1987. The article details his successful orthopaedic surgery practice, Susquehanna Valley Orthopaedic Associates, and how his Bloomsburg education prepared him well for medical school and beyond.

90s

Louis J. O'Boyle, DO '90, Scranton, Pa., joined the medical staff at Wayne Memorial Hospital.

Harold Robinson, DO '90, Glendale, Ariz., was elected to the board of the National Council on Alcoholism and Drug Dependence.

Randi Kramer Braman, DO '91, Baltimore, Md., was listed in *Baltimore Magazine's* "Top Docs" issue as one of the best family physicians in the Baltimore region. She is in private practice in Eldersburg, Md.

Physician, husband, father ... and IRONMAN!

It's demanding enough to be a young osteopathic physician, just starting a private practice in family medicine. Imagine you and your wife also have two very young daughters. Now imagine you're a pretty good athlete, to boot – a triathlete who has experienced national competition.



Meet **B. Drew Wellmon**, DO '96, solo practitioner in south-central Pennsylvania, husband, father and competitor in the July 2000 Ironman USA triathlon in Lake Placid, NY.

The reason they call it "Ironman" is pretty simple: The competition includes a 2.4-mile open-water swim, followed by 112 miles on a bicycle, capped off with a full marathon, a 26.2-mile run. Really.

Dr. Wellmon finished in the middle of the pack of 1,700 competitors. Chances are the pack didn't include too many 32-year-old physicians who are working to get a medical practice off the ground.

"Athletics are a very important part of my life," explains Dr. Wellmon. "I can't imagine a life without exercise and competition. I really believe in the mind, body, spirit; it's all connected."

Still, he's clear about one thing: "My family and my practice come first."

When training for competition, Dr. Wellmon schedules seven to nine cardiovascular workouts a week, often at 5:30am. "I do what I can fit in," notes Dr. Wellmon, who also is team physician for the Shippensburg State College football squad. "It helps a lot that I have an athletic background and that the players and coaches know this."

He was greatly influenced by William Thomas Crow, DO, of PCOM's osteopathic manipulative medicine department. "I use manipulation in my practice frequently and with the team," says Dr. Wellmon.

Christopher D. Still, DO '91, Lewisburg, Pa., was inducted as a fellow of the American College of Physicians – American Society of Internal Medicine. Dr. Still is section head of nutrition and associate physician in general internal medicine at Geisinger Medical Center, Danville, Pa.

Felecia S. Waddleton-Willis, DO '91, Longview, Texas, has completed the requirements of the 1999-2000 American

Osteopathic Association Fellowship in Health Policy. Fellows have a demonstrated ability to research health policy issues and to understand the health policy process. They are equipped to serve as

resources at state, regional and national levels in the formulation of health policy.



Jean A. Holdren, DO '93, Beaver, Pa., joined North Eastern Ohio Primary Care and received staff privileges at East Liverpool City Hospital.

Frederick Murphy, DO '93, Bulverde, Texas, joined Altoona Arthritis & Osteoporosis Center and the medical staff at Bon Secours – Holy Family Hospital.

Todd R. Banning, DO '94, Mt. Laurel, NJ, joined **Richard Banning**, DO '78, Andreas, Pa., at Schuylkill Cardiology Consultants, P.C. in Tamaqua, Pa.

Anthony J. Ferretti, DO '94, Erie, Pa., was named medical director of the Millcreek Paramedic Service in Erie.

Michael J. Gehman, DO '94, Sayre, Pa., was appointed chief of the division of infectious diseases at The Guthrie Clinic and Robert Packer Hospital.

Gunnar F. Kosek, DO '94, Wilkes Barre,

Pa., joined Geisinger Health System in Kingston.

Paul A. Tomcykoski, DO '94, Moscow, Pa., opened a pediatric practice in Dunmore.

Scott J. Boyle, DO '95, Hazleton, Pa., and **Brett A. Himmelwright**, DO '95, Harrisburg, Pa., joined the practice of **Mark S. Williams**, DO '92, Bloomsburg, Pa., at Susquehanna Valley Orthopaedic Associates, P.C.

Brian Murphy, DO '95, West Chester, Pa., joined RJK Medical Associates Ltd.

Emily M. Pressley, DO '95, Lancaster, Pa., joined Chestnut Ridge Counseling Services, Inc. in Fayette County.

Todd Bezilla, DO '97, Philadelphia, Pa., had an article published in *Alternative Complementary Therapies* titled "Pediatric osteopathic manipulation."

Timothy J. Eichenlaub, DO '97, Knox, Pa., joined **Steven W. Geise**, DO '85, at his Mill Hall Family Practice.

Joanna Rodgers Swauger, DO '97, Pittsburgh, Pa., opened a family medical practice in West Newton.

Certificates of Merit awarded

PCOM's Alumni Association board of directors awarded the following alumni certificates of merit for outstanding achievement in osteopathic medicine:

John F. Callahan, DO '67, Pittston, Pa., who received the "Pennsylvania Family Physician of the Year Award" from the Pennsylvania Osteopathic Family Physicians Society.

Pat Lannutti, DO '71, Drexel Hill, Pa., who received the 2000 American College of Osteopathic Internists "Teacher of the Year Award."

W. Stephen Gefvert, DO '78, Cumberland Foreside, Maine, who received the "2000 Osteopathic Physician of the Year Award" from the Maine

Osteopathic Association.

Craig Lenz, DO '78, Pomona, Calif., who was named dean of the College of Osteopathic Medicine of the Pacific at Western University of Health Sciences.

Charles L. White, DO '83, Cleveland, Ga., who was installed as president of the Georgia Osteopathic Medical Association for 2000-2001.

Joseph J. Kuchinski, DO '86, Morristown, NJ, who was inducted as president of the American College of Osteopathic Emergency Physicians for 2000-2001.

Alumni named ACOS fellows, life members

The following alumni were inducted as fellows and life members of the American College of Osteopathic Surgeons:

FELLOWS

Gregory Brusko, DO '89, Bethlehem, Pa.

Lisa Jo Finkelstein, DO '87, Farmington Hills, Mich.

David N. Geiger, DO '82, York, Pa.

Stuart H. Goldstein, DO '89, Abington, Va.

Jerome M. Guanciale, DO '86, Hamer, SC

Jon R. Henwood, DO '90, Hermitage, Pa.

Bruce I. Kilstein, DO '90, Lancaster, Pa.

Bruce H. Rank, DO '78, Dayton, Ohio

Edward H. Ridings, III, DO '76, Lewistown, Pa.

Craig I. Schwartz, DO '87, Erie, Pa.

LIFE MEMBERS

Michael I. Abraham, DO '67, Bala Cynwyd, Pa.

Vivian M. Barsky, DO '67, Las Cruces, NM

Robert H. Jama, DO '69, Transfer, Pa.

William R. Lowney, DO '66, Warwick, RI

Stanley R. Saul, DO '67, Montclair, Calif.

John R. Socey, DO '67, Flint, Mich.



In Memoriam

Robert L. Austin, DO '46, La Mirada, Calif., March 1.

Morris F. Beal, DO '36, Scottsdale, Ariz., August 6.

Domenic Bontempo, DO '46, Fort Washington, Pa., July 14.

Mitchell Brodtkin, DO '25, Brooklyn, NY, September 4.

W. Duane Burnard, DO '38, Columbus, Ohio, January 22.

Daniel Cedrone, DO '45, Ocean City, NJ, October 7.

James Rowland Dey, DO '26, Manahawkin, NJ, July 27.

Charles J. DiSanto, DO '58, Voorhees, NJ, August 8.

Morris A. Fishman, DO '44, Wynnewood, Pa., June 28.

Robert M. Frazier, DO '54, Philadelphia, Pa., June 22.

Charles R. Gajeway, DO '31, Albany, NY, August 11.

Joseph E. Giletto, DO '47, Springfield, Pa., September 12.

Richard M. Hiestand, DO '42, Scottsdale, Ariz., August 7.

Melvin C. Howell, emeritus trustee, Philadelphia, Pa., February 4.

Thomas E. Kirton, DO '51, S. Dennis, Mass., October 22.

Brendan J. Lee, DO '51, Bloomfield, Mich., August 24.

Rueben B. Loeb, DO '52, Yardley, Pa., November 14.

Boris Nathanson, DO '51, Glendora, Calif., February 18.

Carman Pettapiece, DO '32, Boca Raton, Fla., November 2.

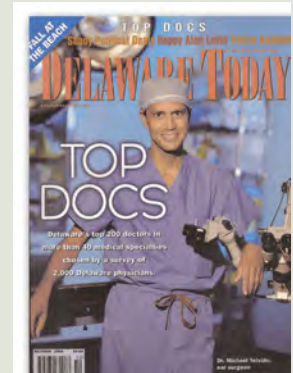
Esther Colyer Plauth, DO '23, Atlanta, Ga., May 8.

Harry P. Scally, DO '38, Springfield, Pa., October 6.

J. Irving Schwartz, DO '41, North Palm Beach, Fla., May 1.

Michael Sutula, DO '59, Union, NJ, November 3. (past president, PCOM

Alumni named "Top Docs" in Delaware



The following eight alumni were included in the October 2000 "Top Docs" issue of *Delaware Today* magazine:

- **Elizabeth C. Bell**, DO '88, Rehobeth Beach, Del., family practice.
- **Irving Berkowitz**, DO '64, Landenberg, Pa., oncology.
- **Jay S. Feldstein**, DO '81, Landenberg, Pa., occupational medicine.
- **Helen McCullough**, DO '92, West Chester, Pa., OB/GYN.
- **Michael K. Polnerow**, DO '78, Thornton, Pa., nephrology.
- **Richard P. Simons**, DO '80, Seaford, Del., cardiology.
- **William Sommers**, DO '82, Rockland, Del., neurology.
- **Joseph A. Vitale**, DO '73, Wilmington, Del., family pediatrics.



**“It isn’t easy
being green.”**

Jim Henson wrote those words and Kermit the Frog sang the plaintive song as if to me as I was entertained by “Sesame Street” and the Muppet movies. A picture of Kermit still hangs in my room as a source of encouragement. It’s acknowledgment that it’s sometimes hard to be different.

I was born a little different. In 27 years, I have had 11 surgical procedures to treat my hemangioma and lymphangioma of the tongue and jaw. Because physical pain was a constant that I learned to endure, my energies frequently had to be directed to getting better. Sometimes, pain distracted me when I had to perform in athletics or school; with patience, I learned not to be discouraged. I found ways to hide my anguish and confront difficult situations with confidence, not to run away from insecurities.

When I was young, my doctors thought my birth defect would resolve when I turned 13. I dreamed of a magic wand breaking the “spell” and, in one magical instant, becoming like everyone else. I was disappointed when the birthday came and went with only one change: I was a year older. As I head further into my medical career, I still want instant relief, not for myself, but for my patients. When people are sick they want to be healed quickly and to be pain-free, and I want to be involved in their healing process.

My experiences have molded me and are central to who I am. I’ve derived strength from this, transforming a “defect” into an advantage, and want to be a model to other individuals. I was inspired by family,

friends and teachers to believe in myself and my ability and to achieve my goal of becoming a physician. My didactic and clinical years of training have prepared me for the academics of medicine. I can obtain a complete history and physical exam and have a strong base in medical diagnosis and treatment. I have witnessed different approaches to patient care. I have extracted what I feel are each physician’s strengths, integrated these strengths and applied them to my own patient care, developing my own bedside manner. I believe a physician must demonstrate these communication skills in order to effectively educate patients and develop a strong doctor-patient rapport.

In addition to what I have learned from my preceptors and colleagues, my personal experiences have prepared me for what is needed in doctor-patient relationships. Because of the things I have endured and seen, I have empathy for others. I look forward to fulfilling the needs of patients, educating and healing them, and also comforting them using what I have learned from dealing with an illness. Talented physicians who make lasting impressions are distinguished not only by their superb performances but also by their ability to treat patients with thoughtfulness and concern.

Overcoming such an adversity and facing the world was not easy for me as a little

girl, and it’s not easy for me now. There are occasional setbacks, such as the patient who refused my care because I wouldn’t tell her about my birth defect. Nonetheless, I have always completed my work and run the extra mile.

When I say “run the extra mile” I also mean it literally: I am a six-time marathon

runner and now volunteer in medical tents at road races. I also participate in an annual charity run for St. Jude Children’s Research Hospital in Memphis, Tenn. It’s a 160-mile run from Chicago to Peoria, Ill., which 90 runners complete in 30 hours. All the funds raised go directly toward the care of children at St. Jude. And if there’s one thing I can relate to, it’s children with medical problems, children who feel “different.”

The first lines of Kermit’s song imply being green means being an outcast. But listening to the remaining verses reveals a new meaning. Green is the color of the grass and trees, a beautiful color representing life. By being “green,” I have discovered that my purpose is to use my medical knowledge and efforts to make a difference in people’s lives.



Lisa Skultety, DO, is a PCOM intern who graduated from Chicago College of

Osteopathic Medicine in 2000. Dr. Skultety welcomes e-mails from those who would like more information about the St. Jude charity. She can be reached at lskultety@hotmail.com.

Readers: We welcome your ideas for essays that would be of interest to the PCOM community. Please submit ideas in writing to Chris Dorian, Digest Editor, fax: (215) 871-6307; e-mail: chrisdo@pcom.edu; PCOM Communications & Design Dept., 4180 City Ave., Phila, PA, 19131.

Don't miss the 2nd Annual

PCOM *Alumni* WEEKEND • 2001

JUNE 1 - 3



Since last year's event was such a hit,
you'll definitely want to make the trip back to PCOM for a
weekend filled with family activities, a dinner-dance with class reunions and CME seminars!

- Friday Fun Night at Dave & Buster's: games for all ages, buffet dinner and free parking. Children under 16 free!
- Continuing medical education seminars Friday and Saturday on campus
- Saturday campus barbecue and open house with tours offered
- Dinner-dance at the beautiful Marriott Crystal Tea Room in the John Wanamaker Building. Founders Day Memorial Medal awardees will be recognized.
- Reunions at the dinner-dance for classes: 1926, 1931, 1936, 1941, 1946, 1951, 1956, 1961, 1966, 1971, 1976, 1981, 1986, 1991 and 1996.

To register, send back the registration form you received in the mail or call the Office of Alumni Relations & Development at (215) 871-6120 or (800) 739-3939.

Accommodations

Blocks of rooms have been reserved for alumni at the following hotels. Please make your reservation directly with the hotel and request "PCOM Alumni Weekend" rate. Each hotel has a different reservation deadline for receiving the special rate, so reserve now.

Adam's Mark Hotel: (215) 581-5014

Embassy Suites (Center City): (215) 561-1776 or
800-EMBASSY

The Ritz-Carlton Philadelphia (Center City):
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See you at the 2001 Alumni Weekend!



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Thank you,
Staff of *Digest*

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COMING EVENTS

April 17-21

Atlantic Regional Osteopathic Convention, Atlantic City, NJ

April 25-29

Student Osteopathic Medical Association Spring Convention, Alexandria, Va.

May 2-5

Pennsylvania Osteopathic Medical Association Annual Clinical Assembly, Adam's Mark Hotel, Philadelphia

May 11

PCOM Sports Banquet, D'Angelo's Summit Caterers, Philadelphia

June 1-3

PCOM Alumni Weekend 2001

June 1

DO Commencement Dinner-Dance
Crystal Tea Room, Wanamaker Building, Philadelphia

June 2

Alumni Association Board of Directors meeting, PCOM

June 3

DO Commencement, Academy of Music, Philadelphia

June 22

Intern and Resident Graduation, Evans Hall, PCOM

June 29

Survivors' Dinner-Dance, Philadelphia Marriott West,
West Conshohocken, Pa.

July 19-22

PCOM "Family Weekend" CME Seminar
Hershey Lodge & Convention Center, Hershey, Pa.

August 19

Graduate Programs' Commencement, PCOM

August 20

Opening Convocation, PCOM

September 24

PCOM Golf Classic, Radnor Valley Country Club, Radnor, Pa.



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